



# MAY WORKOUT OF THE MONTH

## “PICKENS”

<b>Confined Space Workout</b>
<b>Cardiovascular Exercises</b>
<b>Levels 1 , 2, &amp; 3</b>
<ul style="list-style-type: none"> <li>• Jumping Jacks</li> <li>• Quick Feet, High Knees</li> <li>• Jump Squats</li> <li>• Lateral Shuffle 3 steps to the right touch deck and 3 steps to the left touch the deck</li> </ul>
<b>Strength Training Conditioning – Lower Body</b>
<b>Levels 1, 2, &amp; 3</b>
<ul style="list-style-type: none"> <li>• Squats</li> <li>• Box Jumps/Step Ups</li> <li>• Wall Squats</li> <li>• Walking Lunges</li> <li>• Calf Raises</li> </ul>
<b>Strength Training and Conditioning – Upper Body and Abdominal Muscles</b>
<b>Levels 1, 2, &amp; 3</b>
<ul style="list-style-type: none"> <li>• Push-ups – can be performed using a wall or chair, once progressed, pushups will be performed on floor.</li> <li>• Seated Row – Dumbbells or Tubing</li> <li>• Dips – Chair or Floor</li> <li>• Shoulder Press – Dumbbells or Tubing</li> <li>• Front Arm Raise/Lateral Arm Raise – Dumbbells or Tubing</li> <li>• Bicep Curls – Dumbbells or Tubing</li> <li>• Planks</li> <li>• Bicycles</li> <li>• Crunches</li> </ul>
<p><b>Note:</b> Exercises are to be performed at different levels and repeated for 3 to 5 sets depending on the individual’s fitness level. The time for each exercise will depend on the fitness level of the individual. Level 1 – 30 seconds, Level 2 – 1 minute, &amp; Level 3 – 2 minutes. Exercises can be performed with or without equipment.</p>